



African American
5 a Day

PEACH CRISP

This is a light and healthy dessert that takes just minutes to prepare. Top each serving with a scoop of vanilla frozen yogurt. Makes 9 servings

Nutrition information
per serving:

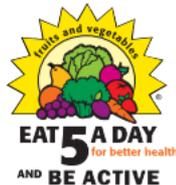
Calories:	250
Carbohydrate:	50 g
Protein:	1 g
Total Fat:	5 g
Cholesterol:	0 mg
Sodium:	135 mg
Dietary Fiber:	2 g

INGREDIENTS

4 (15-oz.) cans juice packed peach slices, well drained	2/3 cup old fashioned oats
2 tablespoons cornstarch	1/2 cup brown sugar
1 1/4 teaspoons cinnamon	1/3 cup prepared baking mix
1 teaspoon vanilla	3 tablespoons margarine

PREPARATION

Preheat oven to 400 degrees. Spray a 9-inch square baking pan with non stick spray; set aside. Pour peaches into prepared pan. Stir in cornstarch, 1 teaspoon cinnamon and vanilla; pour over peaches. Combine remaining cinnamon, oats, brown sugar, baking mix and margarine in a small bowl. Mix together with a fork until crumbly and sprinkle over peaches. Bake for 20 to 25 minutes or until peaches are thickened and bubbly and topping is lightly browned.



www.ca5aday.com

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